GET A TASTE FOR NUTRITION

UNLOCK YOUR POTENTIAL WITH ACTIVITY, SLEEP AND GOOD NUTRITION

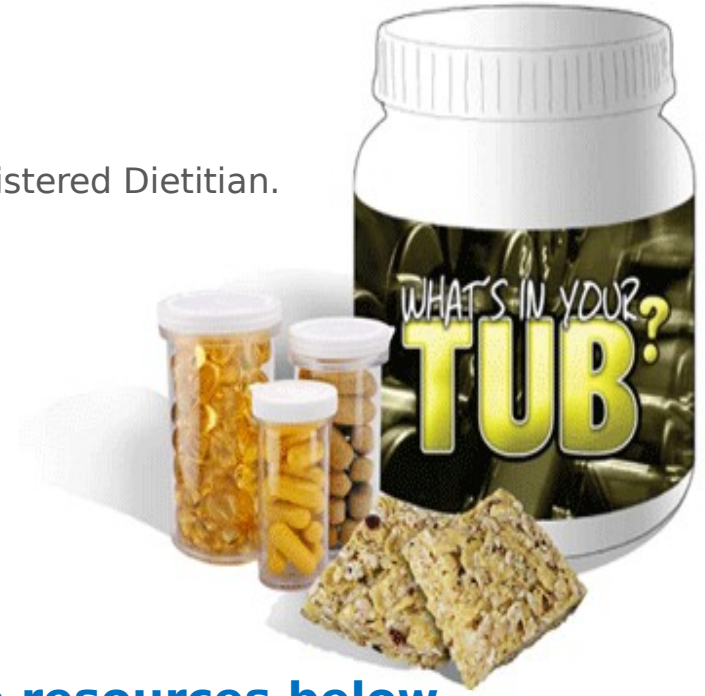
SUPPLEMENT SENSE

Before taking a dietary supplement, ask yourself:

What's in it?
Does it work?
Is it safe?
Do I really need it?
Has it been third-party tested?

Remember:

Talk to a health care provider or your local Military Treatment Facility's Registered Dietitian.
Read the label to see if the product is safe.
The Food and Drug Administration (FDA) does not test or approve dietary supplements before they are marketed to the public.
Many products on the market are dangerous to your health and physical activity may increase the risk.



If you decide to use a supplement, BE SMART:

Use well-known brands.
Take no more than the recommended service size.
Look for evidence of third-party testing on the label, which ensures:
What's on the label is inside the bottle- and nothing more.
The quality of manufacturing.

For more information on dietary supplements, use the resources below

Human Performance Research Center-OPSS: Operation Supplement Safety
http://hprc-online.org/dietary-supplements/opss

United States Army Public Health Command (APHC)
http://phc.amedd.army.mil/topics/healthyliving/